



Caesar Dip with Crudités

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 fillet to 4 anchovy tinned
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 small cloves garlic finely chopped
- ☐ 0.5 cup greek yogurt fat-free
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan freshly grated
- ☐ 0.3 teaspoon pepper

- ☐ 2 teaspoons worcestershire sauce
- ☐ 8 servings crudités assorted
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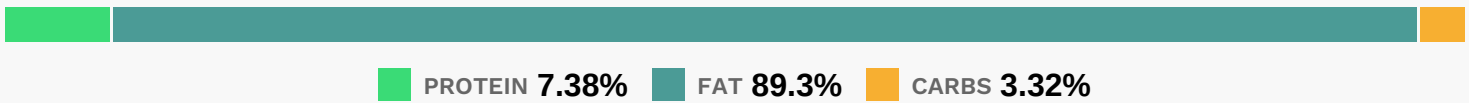
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place mayonnaise, yogurt, garlic, anchovy fillets and oil, Parmesan, Worcestershire sauce, lemon juice and pepper in a food processor and pulse until very smooth.
- ☐ Transfer dip to a bowl and stir in parsley. Cover bowl and refrigerate for at least 2 hours (or up to overnight) to allow flavors to develop.
- ☐ Serve dip with assorted crudits.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:6.0617392814678%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 228.83kcal (11.44%), Fat: 22.71g (34.94%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.93g (1.04%), Cholesterol: 17.53mg (5.84%), Sodium: 304.73mg (13.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Vitamin K: 76.63µg (72.98%), Calcium: 98.48mg (9.85%), Phosphorus: 72.55mg (7.25%), Vitamin E: 0.97mg (6.45%), Vitamin C: 5.1mg (6.18%), Selenium: 3.96µg (5.66%), Vitamin A: 228.14IU (4.56%), Vitamin B2: 0.07mg (4.15%), Vitamin B12: 0.21µg (3.42%), Zinc: 0.34mg

(2.27%), Iron: 0.39mg (2.15%), Potassium: 66.74mg (1.91%), Folate: 6.98µg (1.74%), Magnesium: 6.78mg (1.7%), Vitamin B6: 0.03mg (1.59%), Vitamin B3: 0.3mg (1.5%), Vitamin B5: 0.15mg (1.48%), Manganese: 0.03mg (1.48%), Copper: 0.02mg (1.12%)